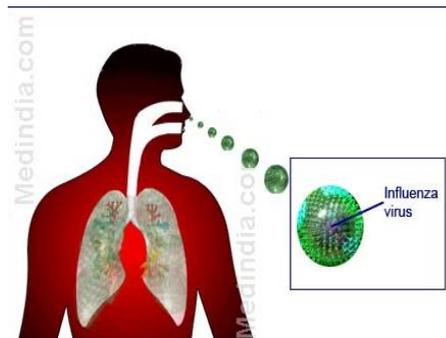


H1N1 (Influenza A)

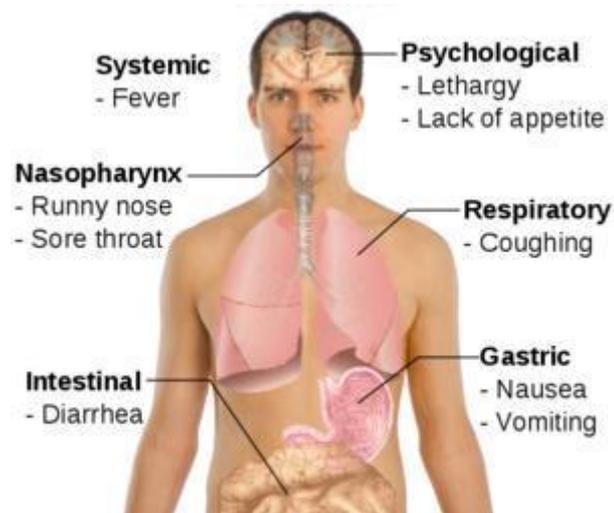
DO NOT PANIC STAY ALERT

How does this new H1N1 virus spread?

- From person to person through coughing
- Sneezing (exposure to infected droplets) by people with influenza.
- Sometimes people may become infected by touching something with flu viruses on it then touching their mouth or nose.



Symptoms of H1N1(Influenza A)



- **FEVER (USUALLY HIGH)**
- **HEADACHE**
- **EXTREME TIREDNESS**
- **DRY COUGH**
- **SORE THROAT**
- **RUNNY OR STUFFY NOSE**
- **BODY ACHES, CHILLS AND FATIGUE**
- **VOMITING, AND DIARRHEA CAN OCCUR BUT ARE MORE COMMON IN CHILDREN**

Category- A

- Patients with mild fever plus cough / sore throat with or without body ache, headache, diarrhoea and vomiting.
- They should be treated for the symptoms mentioned above. The patients should be monitored for their progress and reassessed at 24 to 48 hours by the doctor.
- **No testing of the patient for H1N1 is required.**
- Patients should confine themselves **at home** and avoid mixing up with public and high risk members in the family.

Category-B

- In addition to all the signs and symptoms mentioned under Category-A, if the patient has high grade fever and severe sore throat
- In addition to all the signs and symptoms mentioned under Category-A, individuals having one or more of the following **high risk conditions**
 - Children with mild illness but with predisposing risk factors.
 - Pregnant women
 - Persons aged 65 years or older
 - Patients with lung diseases, heart disease, liver disease, kidney disease, blood disorders, diabetes, neurological disorders, cancer and HIV/AIDS
 - Patients on long term cortisone therapy.
- **No tests for H1N1 is required for Category-B**
- All patients of Category-B should confine themselves at **home** and avoid mixing with public and high risk members in the family.

Category-C

- In addition to the above signs and symptoms of Category-A and B, if the patient has one or more of the following:
- **Breathlessness, chest pain, drowsiness, fall in blood pressure, sputum mixed with blood, bluish discolouration of nails;**
- Children with influenza like illness who had a severe disease as manifested by the red flag signs (Somnolence, high and persistent fever, inability to feed well, convulsions, shortness of breath, difficulty in breathing, etc).
- **Worsening of underlying chronic conditions.**
- **All these patients mentioned above in Category-C require testing, immediate hospitalization and treatment.**

Guidelines for Providing Home Care.

- Stay home for seven days, preferably isolate himself / herself in a well ventilated room.
- Avoid common areas frequented by other members of the family.
- Wear mask all the time. If mask is not readily available, mouth and nose should be covered with a piece of cloth/handkerchief.
- Avoid smoking.
- Avoid close contact with others. If inevitable, they should always maintain an arm's length.
- Avoid having visitors.
- Avoid going into the community, school, office, markets.
- Wash hands frequently.

H1N1 (Influenza A)

DO:

- Cover your mouth and nose with a handkerchief or tissue when you cough or sneeze.
- Wash your hands often with soap and water or use an alcohol based hand gel.
- Avoid touching your eyes, nose or mouth.
- Avoid crowded places.
- Stay more than an arm's length from persons afflicted with flu.
- Get plenty of sleep.
- Drink plenty of water and eat nutritious food.

DO NOT:

- Shake hands or hug in greeting.
- Take medicines without consulting a physician

How to Protect Yourself and Others



Cover your nose and mouth with a disposable tissue when coughing and sneezing



Dispose of used tissues properly immediately after use



Regularly wash hands with soap and water



If you have flu-like symptoms, seek medical advice immediately



If you have flu-like symptoms, keep a distance of at least 1 meter from other people



If you have flu-like symptoms, stay home from work, school or crowded places



Avoid hugging, kissing and shaking hands when greeting



Avoid touching eyes, nose or mouth with unwashed hands